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HOUSEKEEPERS' CHAT Thursday, June 9, 1932

(FOR BROADCAST USE ONLY)

Subject: "More Household Questions." Information from the Bureau of Dairy Industry and the Bureau of Home Economics, U.S.D.A.

Bulletin available: "Stain Removal from Fabrics." Farmers Bulletin

A mother who lives in a midwest city has just written me a letter asking what kind of milk to buy for her family. She wants to know whether to get raw milk or pasteurized milk. She asks about safety to health, food value and the amount of vitamin C in these two kinds of milk.

A letter like that deserves a scientific reply. And it got one. This letter went straight to the specialists of the U. S. Department of Agriculture who know about milk problems. That's the way all your letters of special inquiry are treated. They receive answers from people who know about the subject.

This problem about the kind of milk to buy, I suppose, has puzzled plenty of housekeepers. So I'm sure you'll be interested in hearing the letter of reply to this midwestern mother.

"The safest grade of raw milk for children is that of certified quality," the letter says. "Certified milk, you know, is of uniform composition and quality. It must be produced under conditions that give it a specified low bacterial count. Physicians sometimes advise raw milk for the baby. When they do, how fortunate it is that we have this high-quality raw milk for them. Because of the care needed in the production and handling of certified milk, this milk is considerably more expensive than the ordinary bottled milk. Pasteurized and boiled milk are much more generally used, and are safer than raw milk of uncertain quality. Pasteurizing milks destroys many bacteria, including all those that produce disease. You can also destroy milk bacteria by boiling the milk for three minutes directly over the flame. But if you heat milk, cool it as quickly as possible and keep it cold until you use it.

"Properly pasteurized clean milk, carefully cooled, handled under sanitary conditions and kept cold while it is being delivered and while it is waiting to be used is perfectly desirable in all respects. It meets the requirements for safety to health and contains practically all of the food value of raw milk."

That's the end of the scientists' comment on raw vs pasteurized milk.

So, you see, it's just up to you and your doctor whether you choose pasteurized milk or certified raw milk. Either kind will be good for the family.

Did I hear somebody inquiring about boiled milk? I thought so. And here's what the specialists say about that:

"Milk that has been boiled forms a more tender curd in the stomach than raw or pasteurized milk. This makes it easily digested--an advantage in feeding infants when the food is largely milk. But it is always best to have a doctor's advice in the selection and care of food for infant feeding."

Now the answer to the question about the Vitamin C in milk:

"Milk is not a particularly good source of vitamin C. In fact, even raw milk is an uncertain source. Children need other foods very early in life which will supply the necessary vitamin C in their diet. So babies and children need either orange or tomato juice every day. And raw fruits and vegetables, at first grated, scraped or finely chopped, are added to the diet early in childhood. Raw turnips and raw cabbage are especially good sources of vitamin C."

So much for the answer to the letter about milk for the family.

Let's look at a second letter. This one comes from a housekeeper in the South.

"Will you please inform me," she writes, "what is the approved way to keep meat in the refrigerator. I have been told recently that it should be kept in paper. I have always supposed that meat should be unwrapped as soon as it comes from the market and put immediately into the icebox on a plate or platter. Am I mistaken?"

The answer to that is, "No, indeed, you are not mistaken. You are quite right."

I'm glad that question was asked. The warm-weather season is an especially good time to think about caring for <u>all</u> food correctly, but <u>especially</u> food that spoils easily like meat and milk. "The moist, cut surfaces of dressed meats, poultry and fish offer particularly favorable conditions for the growth of those micro-organism causing putrefaction; therefore every precaution should be taken to keep such foods clean, cold and dry." Please note--"<u>clean</u>, <u>cold</u> and <u>dry</u>."

By all means unwrap cuts of meat as soon as they are delivered. Wipe off the meat if necessary but don't wash it. Then place the meat on an uncovered dish in the refrigerator. Use a plate or platter or an enamel pan. A square or oblong pan is convenient, because it takes up less space on the ice-box shelves. The meat will keep better if the cold air can reach it, so cover it loosely, if at all. You can lay a piece of oiled paper over the top, if you wish.

Why not wash the meat when it comes from the market? Well, because washing draws out the juices and hastens spoilage.

By the way, did you know that the edible organs, such as liver, sweetbreads, and brains, spoil more easily than the ordinary cuts of meat? So handle them with particular care and use them promptly.

Uncooked meat, as of course you know, should be stored in the colder part of the refrigerator. Cooked meat can best be stored by loosely covering with oiled paper so as to prevent too rapid drying out.

Letter number three brings the question: "What is a reliable method of removing fruit stains from white napkins and tablecloths?"

Another good question for this time of year. I suppose most of you experienced housewives know the answer to this one. A reliable method of removing fruit stains from washable material is to stretch the material over a bowl and pour boiling water on the stain from a teakettle held three or four feet above it. If this does not work, use a bleaching agent. The bleach you use always depends on the fabric. Some bleaches may dissolve certain fibers . Of course, you can use bleaching only on white material. No use taking out the nice blue color in Susie's dress along with the raspberry stain.

The home economists warn against using soap on fruit stains. Stains from fresh fruit, and from some cooked fruit, are set by alkaline compounds, and soap should never be used on them. This is especially true of stains made by red and purple fruits.

And, you know, if you want to learn about methods for removing all kinds of stains, there's that bulletin I've often mentioned. It's called "Stain Removal."

Another letter says: "We have just moved into a new house. I want to cover the top of a built-in cabinet and a kitchen table. What material shall I use?"

The answer to that is, use anything that will not be damaged by hot dishes and that is non-absorbent. Maple makes a very good wood top, if you prefer wood. But, over a period of time, wood is likely to become stained and is hard to clean. A heavy grade of linoleum is good. It is inexpensive, easily cleaned and very durable.

The writer of our fourth letter today has a hint to pass on to other housekeepers. She says, "After starching window curtains, I often have found it difficult to run the curtain rods in--especially the flat rods. I find that by folding a piece of stiff paper over the end of the rod, the rod slips in easily."

Another friend of mine puts a thimble over the end of her round rods to help push them through without tearing the curtain.

A listener who wrote not long ago didn't sign either her name or her address to her letter. She wanted a recipe for pie crust made with oil. I always feel sorry to see these anonymous letters come in. I'm afraid their owners will feel neglected unless they just happen to be listening on the very day I broadcast the answer. If you send your name and address, you'll be sure to have either a letter or a bulletin in reply. It may take a little

time but you can depend on it--there'll be an answer coming to you directly in the mail.

Well, the best we can do for this nameless lady is to give that recipe for pie crust made with oil and hope that she's listening.

1 1/2 cups sifted flour
1/2 teaspoon salt
4 1/2 tablespoons oil
3 tablespoons water

I'll repeat these four ingredients (Repeat.)

Sift the flour and salt together. Mix the oil and water, add to the flour and proceed by the usual method.

Friday: A Thrifty Cake Recipe. And more questions and answers.